

AMERICA'S MALADY.

DR. MITCHELL SAYS SUCH IS DIS-
EASE OF THE NERVES.

Increasing Increase During Forty Years
Shown by the Tables of Mortality—Some
of the Causes—Climate an Important
Factor—The Four Hundred All Right.

Dr. S. Weir Mitchell of Philadelphia, a
renowned authority on nervous diseases,
is a recent interview has some very inter-
esting things to say with regard to what he
considers "the characteristic malady of the
American nation." Possibly as a specialist
he may be unreasonably disposed to over-
state the case, but his observation and ex-
perience, he claims, are enforced by statis-
tics that show that the nervous disorders are
increasing in an alarming ratio every year.
The number of deaths from this cause is
steadily increasing, and Dr. Mitchell
is one of the busy centers, Dr. Mitchell
is saying, the "tables of mortality" re-
peatedly show that the proportion of nerve
diseases has multiplied more than ten times
in the last 40 years and that the nerve
diseases number more than one-fourth of all
the deaths recorded. What is this fearful
disease? This means that the American
people are becoming a short lived people
and that they are shut in on themselves
by a few years and without any in-
crease of vitality by immigration the publi-
cation of the census would send a pang of
alarm and alarm through the land.

Dr. Mitchell is of the opinion that the
most potent cause of the prevalence
of nervous diseases is to be found in
the climate, but why the climate tends to
increase them he does not undertake to ex-
plain, unless it be the frequent and sudden
changes of temperature peculiar to some
of the more thickly settled sections. What
he means, he says, is that "people coming
from the phlegmatic regions undergo a
change of temperament here and become
excitable, emotional and irritable in a de-
gree that is unknown in any other part of
the world." Another effect of the Ameri-
can climate, he thinks, is "that it makes
a strain of either mental or physical
labor much more severe than it is else-
where, people being able to work much
longer and harder with less hands
than in the temperate regions in England
and on the continent than in this country.

The climate in many sections of the
United States is unquestionably very try-
ing, and its effect upon the general physi-
cal constitution may be manifested very
frequently in impairment of the nervous
system. But it is extremely doubtful if it
can be regarded as "the most potent cause"
of the national malady. The other causes
to which Dr. Mitchell refers are probably
the largest number responsible for the
unfortunate conditions he notes—
namely, the mad rush and perpetual strain
of our business life, which ruins the health
of our men, and the household system of
education, which wrecks the constitutions
of our girls.

That it is unhealthy physical and mental
conditions rather than the climate which
produce these results is suggested by the
fact cited by Dr. Mitchell that the preva-
lence of the more serious nervous diseases is
in almost exact proportion to the congested
population. People who live calm,
quiet, wholesome lives in the country are
far less liable to them than the inhabitants
of cities, where the strain on mind and
body is greater and where the physical en-
vironment offers little opportunity for
healing by natural means the evils of arti-
ficial and unhealthy modes of existence.

Over the climate, whether it be good or
bad, we have, as he says, no control, but
for the "dollar devil" and the educational
devil we are responsible, and with regard
to them he utters some strong words of
professional warning. We pride ourselves
on the early age at which American men reach
positions of responsibility, but they do so
at the cost of the delicate nervous machi-
nery that is essential to happiness as well
as health. The male American, after being
tortured by the exertions of a despotic
school system, enters business "far too
young, and he straightaway consumes his
vital energy till nothing is left but dust and
ashes." The end of it all is "a country of
young invalids, young wrecks, young drug
addicts, young hysterics, young maniacs,
young suicides." The educational devil
does its work quite as effectively in regard
to the girls.

"The flower of American womanhood,"
says Dr. Mitchell, "is wilted by over-
tension before it comes fully into bloom."
The long hours, the multiplicity of studies,
the ambition of parents and teachers who
stimulate their pupils to exertions far be-
yond their strength and the attendant
rush of hurried meals, nervous prostration,
hysteria, and excitement "condemns
thousands of American women to a life of
misery and uselessness before they have
reached the age of maturity." It would be
better, he maintains, that American girls
should not be educated at all until they
are 17, after which they may study with
benefit, than that they should be over-
wrought as they are at present.

The intensely physical seeking classes,
he points out, are comparatively free from
nervous disease. "They tell not, neither
do they spin. They dress warm and com-
fortably. They eat and drink plentifully
and at the best. They have constant vari-
ety and relaxation, and they do not, neither
themselves about anything in particular.
If the mass of American women lead the
life of the Four Hundred, specialists in
nervous diseases would find their occupa-
tion gone. For one woman who breaks
down through fashionable folly a score are
destroyed by overstrain in the serious af-
fairs of life."

In short, the national malady is due to
the character of our national life. We are
the victims of a hurry about everything.
We run our brains and our nervous systems
at the plan of a lightning express and ex-
pect them to work from morning till night
at the principle of rapid transit. In fact,
we are run by half, and Dr. Mitchell
warns us that if we persist in this rapidity
we will "transit" nationally as quickly as
we have developed.—Baltimore Sun.

MISTAKES OF HISTORIANS.

William Tell did not find the Swiss
Swiss, and the story of Geisel has
been told.

There is no historic authority for the
story that Little George Washington
slayed the cherry tree.

Richard III was not a hunchback, but a
man of fine form, some pretension to good
looks and great personal strength and courage.

The mother of Coriolanus did not inter-
cede with her son to spare Rome. The story
has no better foundation than that of Ho-
noria.

Charlemagne's paladins had no existence,
and the history of Charlemagne himself is
founded by myth as to be utterly unre-
liable.

Wellington at Waterloo did not say,
"Oh, General, and at them." The words
were put into his mouth by a lively Eng-
lish writer.

The crew of Le Vengeur, the famous
French ship won by English men-of-war,
was not put into "Vive le Republique!"
They hailed for help, and the English boats
were sent to their assistance.

Constantine the Great was not a saint.
He murdered his wife, one or two of his
sons, a considerable number of his other
relatives and was guilty of a score of assassi-

inations and murders. He was a Christian
in name.

Charles IX did not fire on the fleeing
Huguenots from the window of the Louvre
during the massacre of St. Bartholomew.
On the contrary, he was frightened almost
to death by the reports of the guns and
spent the time weeping and wringing his
hands.

The pass of Thermopylae was defended
not by 300 but by at least 7,000 Greeks, or,
according to some writers, 12,000. The 300
were the Spartan contingent, who showed
no more bravery on that occasion than their
companions in arms from the Greek states.
—St. Louis Globe-Democrat.

A. A. McLEOD'S SUCCESSOR.

Lucius Tuttle Has Long Been Connected
With New England Railroads.

The election of Lucius Tuttle to the presi-
dency of the Boston and Maine railway in
place of A. A. McLeod, the Philadelphia
man who was succeeded by the president
of this road and also of the
Reading some months ago, is a
significant in more ways than one.
For one thing, Mr. Tuttle is a
New Englander. William C. Whitney
was the director
who resigned to
make a place in
the directorate of
the road for Mr. Tuttle
so that he might be
eligible for the presidency.

Mr. Whitney would not have done this if
Mr. Tuttle had not been satisfactory to
him, so it may be put down as certain that
Mr. Tuttle is acceptable to the repre-
sentative of the White interest in the road.
For another thing, Mr. Tuttle's election
to the presidency is looked upon as very
favorable to the prospective reunion of the
Concord and Montreal road with the Bos-
ton and Maine system, a consummation the
latter road has been trying to bring about
ever since they were judiciously separated
five or six years ago.

Mr. Tuttle has been vice president of the
New York, New Haven and Hartford
for the past two years. He engineered the
deal that brought the Old Colony road into
the Consolidated system, and was thought
to have negotiations under way for the
leaving of the Concord and Montreal for the
New York, New Haven and Hartford.

Mr. Tuttle is a comparatively young man
for such a responsible position as that to
which he has been called, but is considered
a railroad man of great ability and ex-
perience. He was born in Hartford in 1846 and has
been in the railroad business ever since he was
19 years old. He was general ticket agent
of the Providence and Fishkill road for
two years and held the post of general pas-
senger agent of the New York and New
England for one year.

For six years—from 1879 to 1885—he was
in the service of the Eastern railway as
general passenger agent and assistant
general manager. He was general passenger
agent of the Boston and Lowell from
1885 to 1887 and entered the Canadian Pa-
cific service as passenger traffic manager
in Montreal. In 1889 Mr. Tuttle was ap-
pointed commissioner of the passenger de-
partment of the Trunk Line association,
holding the position ever since. From there
he went to the New York, New Haven and
Hartford as general manager, becoming
vice president some months later.

JULIA WARD HOWE.

The Venerable Writer Retains Her Intel-
lectual and Physical Vigor.

Julia Ward Howe at 74 years of age still
retains much of the remarkable vigor and
strength that have always been her chief
characteristics. She has an endowment of
energy far surpassing that of most women
at a much younger period of life, and the
amount of work she daily accomplishes
might easily seem incredible to people of
ordinary caliber. It is an uncommon thing
for her to spend two hours of a morning read-
ing German metaphysics, besides attend-
ing to her household duties, taking a two
mile walk and receiving half a dozen call-
ers before noon, and then to devote the en-
tire afternoon to writing poetry and the
evening to the discussion of one or more of
the numerous philanthropic and social
problems in which she is interested.

Mrs. Howe is a thinker and scholar of
far more than ordinary attainments. She
has outstripped most men in the higher
walks of philosophy and literature and is
proficient in half a dozen modern languages
as well as Greek and Latin. She is familiar
with Hegel, Comte, Goethe and Dante and
all the great masters of song, faith and
metaphysics, and her interest in the affairs
of the day is as keen as when the pro-
ductions of her pen revived the drooping
spirits of the nation.

Though she has been writing for publica-
tion ever since she was 17 years of age and
has contributed liberally to most of the
higher class literary periodicals, it is doubt-
ful if Mrs. Howe has ever realized anything
like adequate pecuniary reward for her labors.
It is said that she received the munifi-
cent sum of \$5 for "The Battle Hymn of the
Republic" from The Atlantic Monthly, and
that the publishers of the same journal
sent her \$10 for "Our Orders." Even mak-
ing allowances for the fact that prices for
literary work were not then up to the pre-
sent standard, \$15 seems an insignificant
sum for two such poems.

As is shown by her best productions—
poems, essays, reviews, sketches of travel
and reminiscences—Mrs. Howe writes slowly,
elaborates carefully and revises criti-
cally, publishing nothing until satisfied
that it is thoroughly finished and worthy
of printing. She has had rare assistance in
the formation of her literary style and
critical taste, for to the advantages of an
unusually thorough early education she has
added the benefits of lifelong association
with the master minds of the age and the
culture of extensive travel.

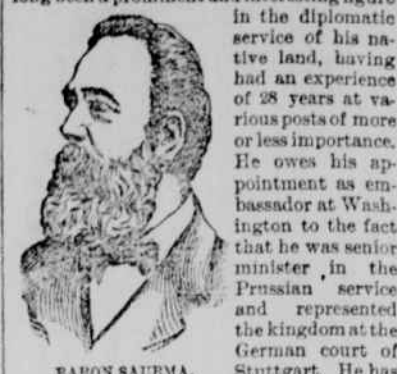
The Student Was Fasted.
Professor Rudolf Virchow, rector of the
University of Berlin, is a small man with
a dry, parchment-like skin and wears very
powerful spectacles. The clothes that the
learned professor wears are sometimes such
as no old clo' man would invest in. On one
occasion he began the examination with
the words: "What color is your coat?"

The student: "Apparently, Herr
Professor, it is originally black. Now it is
of a bluish tint," for which re-
ply he was panned.—San Francisco Argon-
aut.

THE GERMAN EMBASSADOR.

He Has Had a Distinguished Career in
European Diplomacy.

Baron von Saurma-Jeltsch, the first Ger-
man ambassador to the United States, has
long been a prominent and interesting figure
in the diplomatic



BARON SAURMA.

service of his na-
tive land, having
had an experience
of 38 years at va-
rious posts of more
or less importance.
He owes his ap-
pointment as em-
bassador at Wash-
ington to the fact
that he was senior
minister in the
Prussian service
and represented
the German court of
Stuttgart. He has
represented Germany in one capacity or
another in nearly every country of Europe.
He has filled nearly all the important
positions in the German diplomatic service.
His present appointment to Washington
is looked upon as the most re-
sponsible and important post he has yet
filled. His first important appointment
was that of consul general and diplomatic
agent to Egypt in 1870, 1880 and 1881.
Thence he went as minister to Roumania,
thence to the Hague. He was very suc-
cessful as secretary of the legation in
Paris. Since then he has filled positions
in the German legations in Vienna, Lon-
don, Madrid, St. Petersburg and Rome.
His last station was in the barony of Stutt-
gart, and his position will now be filled
by the retiring minister from this country,
Baron von Holleben. Altogether our new
ambassador has had a most honorable and
distinguished career.

The baron is 57 years of age and is tall,
square shouldered and wears a full black
beard. Though he has the titles of "ex-
cellency" and "prince counselor," he prefers to
be called and signs himself simply Baron
Saurma, dropping even the hyphenated
Jeltsch, which might be of such great as-
sistance to him in his first visit to America,
and of course he will soon get over such
primitive simplicity, particularly as he has
a handsome daughter, Baroness
"My physician said I was suffering from
nervous exhaustion and was upon the
verge of complete prostration. A number
of physicians said nothing could be done
for my hand."

I used Dr. Greene's Nervura blood and
nerve remedy but a few months; indeed,
by the time I had used the third bottle,
my general health was wonderfully im-
proved and feeling and strength restored
to my hand which is now as perfect as the
other.

"With perfect confidence I recommend
Dr. Greene's Nervura blood and nerve
remedy to my lady friends who are suffer-
ing from debility, nervous exhaustion and
other weakness, and take pleasure in tes-
tifying to its merits thus publicly that
sufferers whom I cannot meet personally
may be induced to use this remedy and
find it."

This medicine is just what you want to
take to make you well and strong again.
It is purely vegetable and harmless—in-
deed it is the discovery and prescription
of a physician. Dr. Greene of 35 W. 14th
street, New York, the most successful
specialist in curing nervous and chronic
diseases, who can be consulted free per-
sonally or by letter.

Agony is annoyance
concentrated.

Beecham's
Pills

are concentrated
remedies for the
annoyance of the
Indigestion or the
Agony of Dyspepsia.

2,000 feet in height surround it on all sides.
It is nourished only by the river Jordan,
and there being no outlet its entire tribute
of water must be absorbed by evaporation
only.

Dr. Lorter says that the waters of the
lake are concentrating more and more, and
so great has its density become that the
human body floats on the surface without the
slightest exertion of hands or feet.

How Two Fires Started.

The feed pipe of a boiler, which was
placed at the back, burst, allowing water
to escape into the fire. The steam gener-
ated blew open the furnace door and forced
the flames into the boiler room. The
doors and windows and the ventilator in
the roof were set on fire, but the over-
ful automatic sprinklers promptly opened,
keeping the fire in check until two hydrant
streams could be turned on. A somewhat
similar accident took place in a mill where
shavings were blown under the boiler for
fuel. The shavings blower was stopped for
a moment, causing a back draft in the
boiler furnace, which sent flames through
the furnace doors, setting fire to the shav-
ings in the boiler room. Here, as before,
the automatic sprinklers promptly opened,
keeping the fire in check until a stream
from a hose could be applied.—American
Architect.

It Was Convenient to Her.

"Miss Gilgal," he said as he led her to a
chair after the dance, "I crave permission to
call upon you."

"It is granted with pleasure," she replied
graciously.

"What evening would it be convenient
for me to come?"

"Oh—let me see. Say next Tuesday."

"Thanks, awfully."

At 8 o'clock on the evening named, Mr.
Cosset, faultlessly attired, presented him-
self at the door of the Gilgal mansion and
expressed his wish to see the daughter of
the house.

"Miss Gilgal is not at home."

"Awfully sorry." I'll leave my card."

He left his card and then left himself,
thinking it was a trifle odd, but that per-
haps Miss Gilgal had forgotten.

They met again in a week or two, and
the young man remarked:

"Oh—Miss Gilgal, I called at your
house."

SPEAKS HIS MIND.

And He Can Do It, Too, From His Own
Experience.

ANOTHER WELL-KNOWN PERSON
CORROBORATES ALL HE SAYS.

And They Both Make Some Very Im-
portant Disclosures.

Mr. August Storjohann, who resides at
532 East 5th st., New York City, makes
the following remarkable statement:
"I have been troubled," he says, "with
heart disease for the last few years. I
always felt weak and dizzy, in fact I was
so bad that I would rather walk the
streets than go to bed, for I suffered ter-
ribly and could not sleep at all."

"I had a cough which made everybody
think I had consumption. I would cough
and spit all the time and could not eat."
I finally gave up everything and
thought that I would have to die. I was
reading the paper one evening and saw an
advertisement of Dr. Greene's Nervura
blood and nerve remedy. I got some and
took four bottles of it and now I feel
very much better. It is the greatest and
best remedy that ever was discovered and
I would like to let everybody know the
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the following remarkable statement:
"I have been troubled," he says, "with
heart disease for the last few years. I
always felt weak and dizzy, in fact I was
so bad that I would rather walk the
streets than go to bed, for I suffered ter-
ribly and could not sleep at all."

"I had a cough which made everybody
think I had consumption. I would cough
and spit all the time and could not eat."

I finally gave up everything and
thought that I would have to die. I was
reading the paper one evening and saw an
advertisement of Dr. Greene's Nervura
blood and nerve remedy. I got some and
took four bottles of it and now I feel
very much better. It is the greatest and
best remedy that ever was discovered and
I would like to let everybody know the
improvement this wonderful medicine has
made in me."

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RAILROADS.

N. & W. Norfolk & Western R.

SCHEDULE IN EFFECT SEPT. 3, 1893.
LEAVE RICHMOND (DAILY), BY RAIL-
ROAD STATION.

9:00 A. M., RICHMOND AND NORFOLK
VIRGINIA LIMITED. Stops only at Petersburg,
Waverly and Suffolk.

9:00 A. M., THE EXPRESS. Stops only at
Lynchburg, Roanoke,
Bluefield, Potomac, and
Washington and Chicago. Pull-
man Buffet Sleepers Norfolk
to Chicago, without change.
For Suffolk, Norfolk and in-
termediate stations, arrives
at Norfolk at 6:20 P. M.

9:30 P. M., Pullman Buffet Sleepers
Norfolk to Washington, via
Lynchburg and Bristol. Con-
nects at Roanoke 7:30 P. M. with
Washington and Chattanooga
Limited. Pullman sleepers
New Orleans, Memphis and
St. Louis. Dining Car
attached. Also for Blue-
field, Potomac, Elkhorn
Valley division. Also for
Lynchburg and stations on
L. and N. railroad via New-
port News. Pullman Buffet
Sleepers Norfolk to Wash-
ington and Lynchburg. Bertha
ready for occupancy at 9:00
P. M. Also Pullman Sleeper
Petersburg to Roanoke.

Trains arrive